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which had been in the Crimea, three from the Grenadier, three from the Coldstream and three from the Scots, was borne into the little country churchyard of West-Wellow. Guarded by her soldiers and surrounded by her friends the lady-in-chief was laid to rest, as quietly and unostentatiously as she had lived.

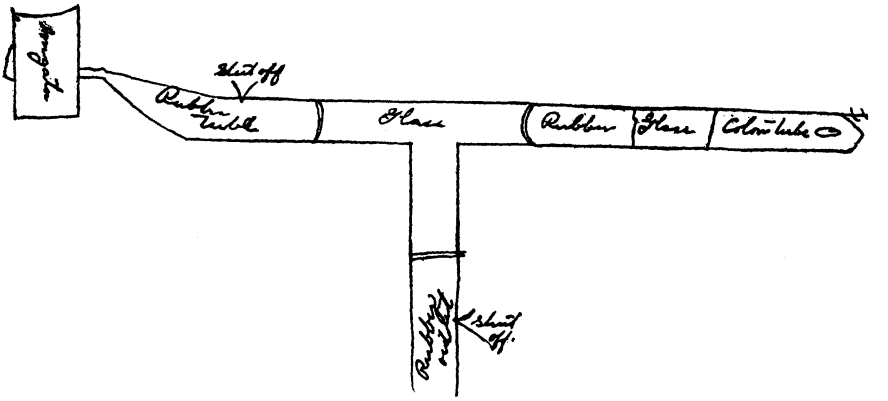
Being dead she yet speaks to us, holding up that high ideal of self-devotion and self-sacrifice without which a nurse's life can only be a daily round of ignoble toil. Duty is ours to do, as it was hers, and her example will help us to do it more faithfully if we will follow it.

IMPROVED METHOD OF COLON IRRIGATION

By BERTHA M. VOSWINKEL, R.N.

Graduate of the Episcopal Hospital, Philadelphia

Nurses when required to give colon irrigations rather dread the proceeding. In some hospitals, where two tubes are inserted, there is always more or less discomfort to the patient. And the other process of giving the irrigation by means of the colon tube and a funnel is a lengthy proceeding, although attended by less discomfort to the patient.



Dr. George Roe Lockwood, of New York, has devised a very simple apparatus by which the colon can be thoroughly flushed with practically no discomfort. It consists of a glass T, one arm of which is connected with the tube from the irrigator. The other arm is attached, by means of a short rubber and glass connection, to the colon tube. To the lower arm of the T an outlet of about two feet of rubber tubing is attached; the free end being placed in a bucket or other receptacle.

There is a "shut off" on the tube coming from the irrigator, and a

"shut off" on the outlet. When the water is entering the colon, the *outlet* is shut off, and in passing from the colon, the *inlet* is shut off.

The irrigator may be placed on a stand near the bed and kept replenished until the desired amount has been given. A douche bag could be used, hung low, but either a graduated glass or enamel irrigator is to be preferred, where one can see exactly how much the patient can retain at one time, and where you can also see the temperature.

The colon tube and T are especially made for Dr. Lockwood, and every tube is examined and approved by him and marked with an L. before being sold.

The rubber is very smooth and firm; eyes well depressed and very smooth.

The tubes may be had in different sizes. The complete set, consisting of colon tube, connecting glass and rubber tubes, two shut-offs, irrigator and two feet of rubber tubing, may be had for about six dollars. All the parts are sold separately, so a nurse can easily connect the apparatus for herself.

After once giving a colon irrigation in this way, she will wonder why it was not thought of before.